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Using and Storing Cornmeal  
Michigan State University Cooperative Extension Service  
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# CORNMEAL

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**Cornmeal is a nutritious, energy-rich addition to the diet. Cornmeal provides a low cost source of protein when mixed with legumes or dairy products.**

## Nutritional Value

Most cornmeal (including USDA commodity cornmeal) is enriched with thiamin, riboflavin, niacin, and iron. Yellow cornmeal contains carotene which the body uses to form vitamin A.

## How to Store Cornmeal

- Occasionally, a few black specks are seen in cornmeal. These are a natural part of the kernel which sometimes stay with the product through processing. They are not harmful.
- Store in a cool, dry, preferably dark place, in a tightly sealed container. (Place box or bag of cornmeal into plastic bag, squeeze out extra air and twist tie to seal).
- Avoid storing under sink and over stove.
- Proper storage will prevent mold growth, insect infestation, and will preserve vitamin A and flavor.
- For best quality, use within 4-6 months.

## How to Use Cornmeal

- cooked, served hot as cereal (cornmeal mush)
- uneaten mush can be poured into pan, cooled, sliced and pan-fried
- coating for fried foods like chicken
- meat extender (for example, as an ingredient in meat loaf)
- quick breads, such as corn bread, muffins, spoon bread, pancakes, tortillas
- sprinkled on pizza pan, to ease dough spreading, allow browning of crust and prevent sticking

## Cooking With Cornmeal

One cup of dry, uncooked cornmeal will equal about 4 to 4½ cups cooked cereal.

In baked goods, such as quick breads and pancakes, up to one-half of the wheat flour may be replaced with cornmeal.

One pound of cornmeal equals 3 cups of dry meal.

To keep breads from being grainy when cornmeal is substituted for wheat flour, mix the cornmeal and the liquid from the recipe and bring to a boil. Remove from heat and cool before mixing with other ingredients in the recipe.

## Cooked Cornmeal Mush

(To use for breakfast)

1 cup white or yellow cornmeal  
1 cup cold water  
½ teaspoon salt  
3 cups boiling water  
optional: 3 tablespoons nonfat dry milk

**Mix** cornmeal, cold water, and salt in a bowl. **Slowly stir** this mixture into the boiling water in a 2 qt. saucepan. **Cook** and **stir** until thick. **Lower** heat. **Cover** and **cook** 15 minutes, **stirring** as needed to prevent sticking. For added nutritional value, **add** 3 tablespoons nonfat dry milk during last few minutes of cooking.

May be served with:

Cold or warm milk  
Raisins or cut-up dates or figs  
Cinnamon-sugar mixture  
Honey, syrup, jam or preserves

Makes 4 servings

## Fried Cornmeal Mush

**Pour** hot cooked cornmeal mush into a loaf pan. **Cool** until firm. **Remove** mush from pan and **cut** in slices. **Fry** slices in heated, lightly greased frypan until brown on both sides. If desired, **serve** with honey, syrup or molasses.



